WINTER SAFETY CAMPAIGN BRIEF 2005 - 2006

“DON’T WALK BY”

ACCIDENTS CAN HAPPEN

ANYWHERE

OR AT ANY

TIME!

bet.com

WINTER SAFETY CAMPAIGN

- SAFE DRIVING
- COLD WEATHER INJURY
- OUTDOOR SAFETY
- WELLNESS
- RISK MANAGEMENT

“UNDER THE OAK TREE” SESSIONS

MUST be held for all employees by all first line leaders and supervisors prior to long weekends and individuals going on leave.

WINTER DRIVING PREPARATION

WINTERIZE YOUR VEHICLE

- **BATTERY**
- **ANTIFREEZE**
- **WIPERS & FLUID**
- **IGNITION SYSTEM**
- **THERMOSTAT**
- **LIGHTS**
- **ALL SEASON OR SNOW TIRES**

- **HAZARD LIGHTS**
- **EXHAUST SYSTEM**
- **HEATER**
- **BRAKES**
- **DEFROSTER**
- **OIL LEVEL**

WINTER CAR KIT

- **SNOW BRUSH W/ SCRAPER**
- **FLASHLIGHT W/ BATTERIES**
- **BLANKET**
- **MITTENS, SOCKS & HAT**
- **SMALL SHOVEL**
- **SACK OF SAND OR KITTY LITTER**
- **JUMPER CABLES**
- **HAZARD SIGN, FLARES OR FLAG**
- **WINDSHIELD WASHER FLUID**
- **REFLECTIVE SAFETY VEST**

WINTER DRIVING

Guzer.com

SNOW

- **SLOW DOWN – TRIPLE THE DISTANCE TO THE CAR AHEAD**
- **STAY IN PLOWED LANES**
- **TO SWITCH LANES – SLOW DOWN, SIGNAL, AND MOVE OVER SLOWLY**
- **STEER IN THE DIRECTION OF THE SKID**
- **DO NOT PUMP BRAKES – GENTLE PRESSURE ONLY**

ICE

- **DRIVE SLOWLY AND KEEP MORE SPACE BETWEEN YOU AND OTHER VEHICLES**
- **USE THE HIGHEST GEAR POSSIBLE TO KEEP THE WHEELS FROM SPINNING**
- **MANEUVER GENTLY AND AVOID HARSH BRAKING AND ACCELERATION**
- **TO BRAKE WITHOUT LOCKING THE WHEELS, DOWNSHIFT TO SLOW DOWN AND APPLY GENTLE PRESSURE TO THE BRAKES**
- **IN A SKID – EASE OFF THE GAS, AND TURN THE FRONT WHEELS TOWARD THE DIRECTION THAT THE REAR WHEELS ARE SKIDDING**

ENSURE GOOD VISIBILITY

- **Clear ice and snow off of car windows**
- **Remove snow from all car surfaces**
- **Clean your headlights frequently**
- **Ensure your windshield washer reservoir is filled with a nonfreezing cleaning solution**

CLEAR THE SNOW OFF YOUR CAR WINDOWS AND CAR

IT'S THE LAW!

FATIGUE

- **BE WELL RESTED BEFORE TRAVELING – 7 TO 8 HOURS SLEEP**
- **WINTER ROAD AND WEATHER CONDITIONS INCREASE STRESS AND PRODUCE FATIGUE**
- **SIGNS OF FATIGUE: BACK TENSION, BURNING EYES, SHALLOW BREATHING, INATTENTIVENESS, AND ERRATIC DRIVING**
- **ALCOHOL CONSUMPTION INCREASES FATIGUE**

DON’T PUSH YOURSELF – IF YOU HAVE TO FORCE YOURSELF TO STAY AWAKE IT IS TIME TO FIND A PLACE TO REST

WEAR YOUR SEATBELT!

If you think this seat belt is too confining...

be prepared to strap on one of these alternatives.

www.safetycenter.navy.mil

DRIVECAM

DON'T DRINK AND DRIVE

ALCOHOL WILL EFFECT YOUR PERFORMANCE

DON'T DRINK AND DRIVE!

WINTER DRIVING SUMMARY

- ALLOW MORE TIME TO TRAVEL
- BE WELL RESTED BEFORE TRAVELING
- MAINTAIN MORE SPACE
- DRIVE WITH YOUR LIGHTS ON
- CLEAR SNOW AND ICE OFF YOUR VEHICLE
- WEAR SAFETY BELTS
- LOOK WELL AHEAD
- ANTICIPATE PROBLEMS
- IF BEHIND A PLOW - DON'T PASS
- WHEN BEHIND SANDERS - STAY BACK

MSF CERTIFICATE REQUIRED TO RIDE A MOTORCYCLE IN USAREUR

IF YOU NEED TO GET MSF CERTIFIED CONTACT BOB EBEL AT 373-5277 TO BE SCHEDULED FOR TRAINING

WEAR
YOUR
HELMET

WEATHER AND ROAD INFORMATION

WEATHER INFORMATION

- ***USAFE OPERATIONAL WEATHER SQUADRON LINK AT***
http://ows.public.sembach.af.mil/
- ***AFN TV and RADIO***
- ***GERMAN RADIO AND TELEVISION***

USAREUR-wide Road Conditions Information

Road condition status on USAREUR's secure website:

https://www.g3.hqusareur.army.mil/DIVISIONS/OPS/ASGCONDITIONS/

Road condition status on USAREUR's non-secure website:

http://g3operations.hqusareur.army.mil/AsgConditions.asp

ROAD CONDITION UPDATES

26th Area Support Group

233rd BSB (Darmstadt-Babenhausen)	**DSN 348-7771 or Civilian (06151) 69-7771**
293rd BSB (Mannheim)	**DSN 385-2589 or Civilian (0621) 730-2589**
USAG Heidelberg	**DSN 388-2223 or Civilian (06221) 678-2223**
415th BSB (Kaiserslautern)	**DSN 480-2653 or Civilian (0631) 536-2653**

Normal driving for all vehicles.

Roads vary from mild to severe. Exercise caution. Possible snow of less than 4 inches, slush, packed snow, black ice, visibility 20-50 meters.

Roads very hazardous. Use extreme caution. Possible snow of more than 4 inches, sheets of ice, drifting snow, visibility of less than 20 meters.

Roads extremely dangerous. Possible snow of more than 8 inches, sheets of ice, visibility below 15 meters. Privately-owned vehicles should not be on the road.

COLD WEATHER SAFETY

EQUIVALENT WIND CHILL INDEX

COOLING POWER OF THE WIND EXPRESSED AS "EQUIVALENT CHILL TEMPERATURE"

TEMP	C	10	4	-1	-7	-12	-18	-23	-29	-34	-40	-46	-51
WIND	F	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
KNOTS	MPH	EQUIVALENT CHILL TEMPERATURE (DEGREES C)											
CALM	CALM	10	4	-1	-7	-12	-18	-23	-29	-34	-40	-46	-51
3 to 6	5	9	3	-3	-9	-14	-21	-28	-35	-40	-46	-52	-58
7 to 10	10	4	-2	-9	-16	-23	-29	-35	-44	-51	-58	-65	-72
11 to 15	15	2	-6	-13	-21	-28	-38	-43	-50	-58	-65	-73	-80
16 to 19	20	0	-8	-16	-23	-32	-39	-48	-56	-64	-72	-80	-88
20 to 23	25	-1	-9	-18	-26	-34	-42	-51	-59	-67	-76	-84	-92
24 to 28	30	-2	-11	-19	-28	-36	-44	-53	-62	-70	-78	-87	-96
29 to 32	35	-3	-12	-20	-29	-37	-46	-55	-64	-72	-81	-90	-98
33 to 36	40	-3	-12	-21	-29	-38	-47	-56	-65	-74	-83	-92	-100
Winds above		**LITTLE DANGER**			**INCREASING DANGER**				**GREAT DANGER**				
36 kts have					Flesh may freeze within				Flesh may freeze				
little additional					1 minute				within 30 seconds				
effect		**DANGER OF FREEZING EXPOSED FLESH FOR PROPERLY CLOTHED PERSONS**											

DEHYDRATION

- **Loss of body water through sweating, voiding**
- **Dehydration can cause serious physical problems and make you more susceptible to other problems, such as frostbite and hypothermia.**
- **By the time you feel thirsty you are already dehydrated.**

Make sure you drink plenty of useful liquids to prevent dehydration

- **YES** Water

- **NO** Sodas

- **NO** Beer/Alcohol

HYPOTHERMIA

Description - The lowering of the body's inner core temperature. Body loses heat faster than it can generate it.

HYPOTHERMIA

- *Countermeasures*

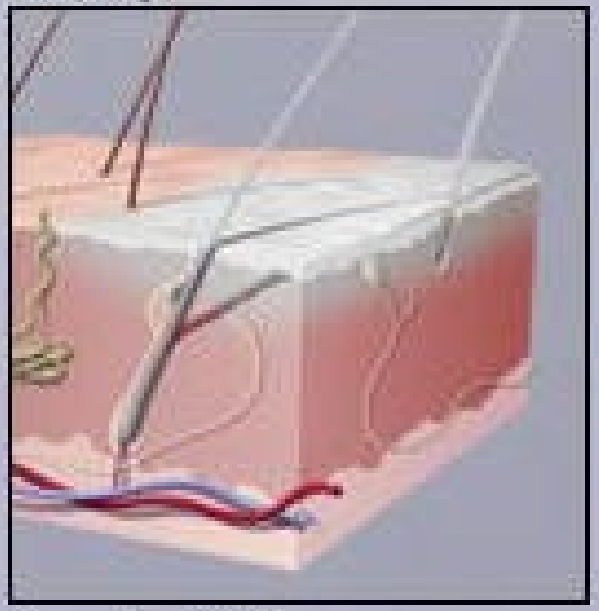
  - **Stay physically fit**
  - **Keep active**
  - **Wear clothes properly and keep them dry (Wet clothes = COLDER)**
  - **Eat properly and often**
  - **Drink at least 3.5 quarts of water per day**

Frostbite results when tissues freeze from exposure to temperatures below 32° F. The degree of injury depends upon the wind-chill factor, length of exposure time, and proper protection.

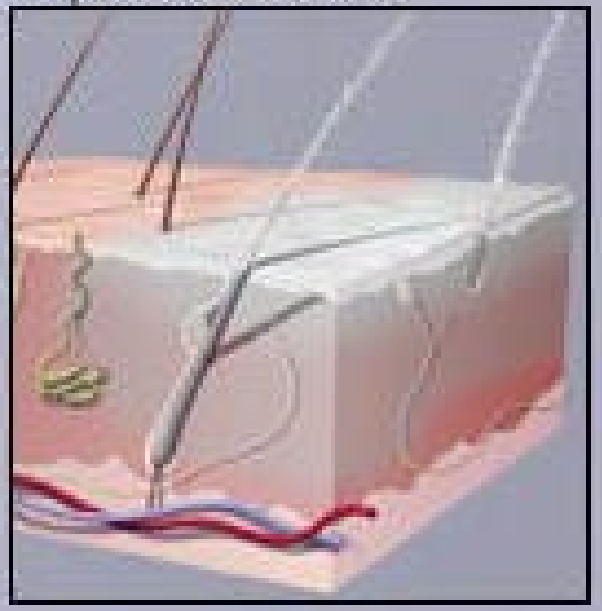
FROSTBITE

Frostbite

Frostnip



Superficial frostbite



Deep frostbite

Countermeasures

- **Do not wear tight boots and socks.**
- **Use the “buddy system” to check exposed areas.**
- **Carry extra socks and mitten liners.**
- **Do not stay still for long periods.**
- **Be aware of the wind chill factor.**
- **WATCH YOUR CHILDREN FOR SYMPTOMS OF FROSTBITE!**

CARBON MONOXIDE POISONING

The possibility exists whenever a stove, fire, gasoline heater, or internal combustion engine is used indoors.

Symptoms

- **Headache, dizziness, confusion, yawning, weariness, nausea, and ringing in the ears.**
- **Bright red color on lips and skin.**
- **Victim may become drowsy and collapse suddenly.**

If personnel are found unconscious in an enclosed shelter, carbon monoxide poisoning should be suspected.

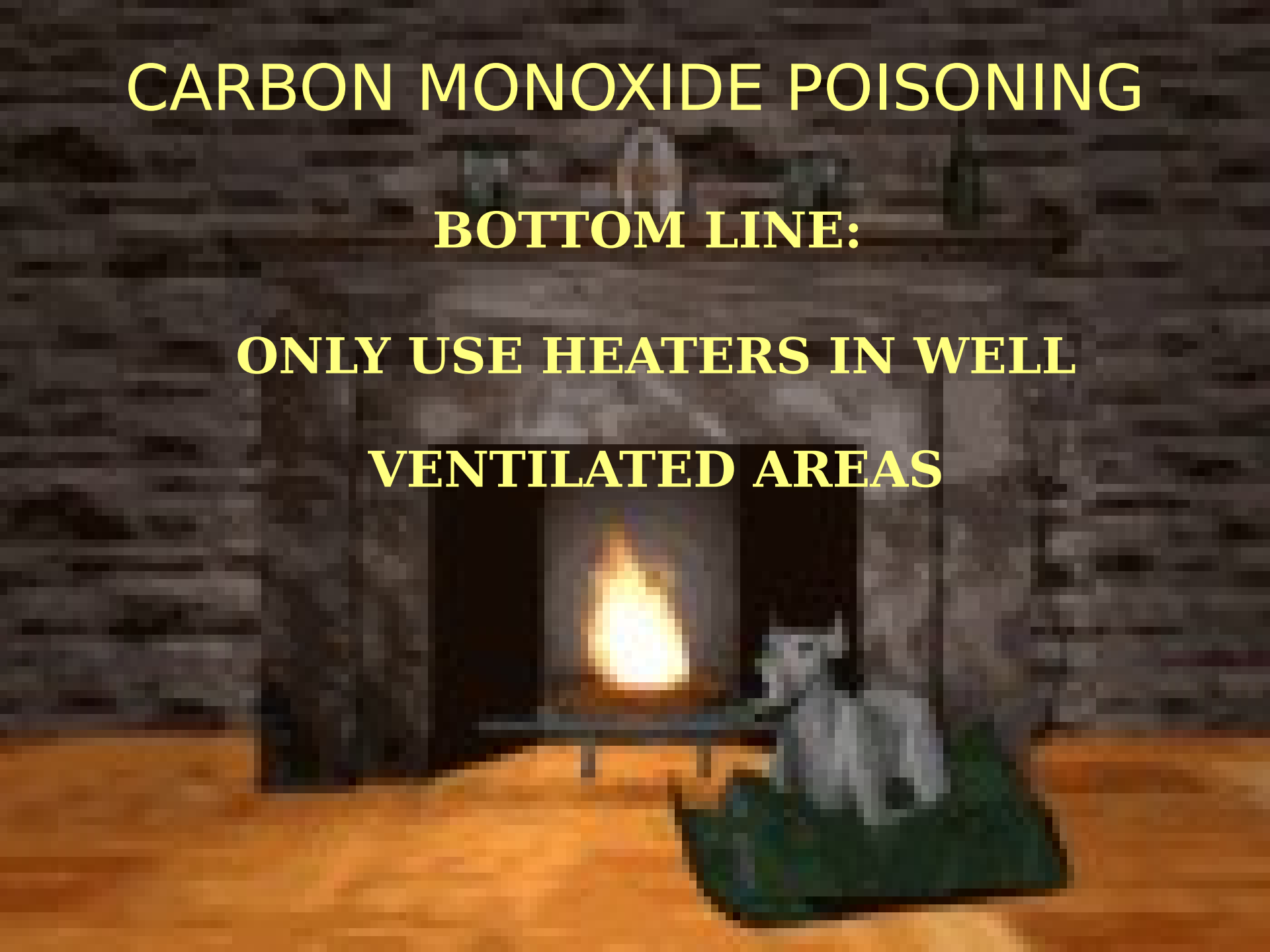
CARBON MONOXIDE POISONING

- **RULE # 1 – ALWAYS MOVE VICTIMS TO FRESH AIR BEFORE WORKING ON THEM – DON'T BECOME A VICTIM YOURSELF!!**
- **If the victim is not breathing, administer mouth to mouth resuscitation, and CPR as needed.**
- **Get medical assistance.**

CARBON MONOXIDE POISONING

BOTTOM LINE:

ONLY USE HEATERS IN WELL VENTILATED AREAS



WINTER PHYSICAL SAFETY

- Avoid ice patches when walking
- Wear warm, bright, clothing
- Do not overexert yourself when shoveling snow (sprains, strains, heart attacks)

WINTER RECREATION SAFETY

THINK SAFETY WHEN PLANNING YOUR ACTIVITIES!

WINTER RECREATION SAFETY

FIRST, GET IN SHAPE!

BUT

KNOW YOUR LIMIT!

EXCEL

WINTER RECREATION SAFETY

Obtain proper equipment.

- **Be sure to have your ski/snowboard bindings adjusted correctly.**
- **When buying skiwear, look for :**
  - **Water and wind-resistant fabrics**
  - **Wind flaps to shield zippers**
  - **Snug cuffs at wrists and ankles**
  - **Collars that can be snugged up to the chin**

WINTER RECREATION SAFETY

Dress in layers.

- Layering allows you to accommodate your body's constantly changing temperature

- Dress in polypropylene underwear, which feels good, dries quickly, absorbs sweat and keeps you warm

- Wear a turtleneck, sweater and jacket

WINTER RECREATION SAFETY

Be prepared.

- Mother Nature is unpredictable

- Bring a headband/hat

- 60 percent of heat-loss is through the head

- Wear proper gloves/mittens

WINTER RECREATION SAFETY

- **Wear sun protection. (sun reflects off the snow, even on cloudy days)**
- **Always wear eye protection. (sunglasses/goggles)**

TAKE A LESSON.

- **To become a good skier/snowboarder - take a lesson from a qualified instructor**

WINTER RECREATION SAFETY

The key to successful skiing/snowboarding is:

CONTROL

Be Aware of:

- Your technique

- Terrain

- Skiers/snowboarder around you

- Snow conditions and changes

WINTER RECREATION SAFETY

- **Skiing and snowboarding require a mental and physical presence. (Side step/walk down slopes beyond your ability).**
- **Drink plenty of water to prevent dehydration.**
- **Curb alcohol consumption. Skiing and snowboarding do not mix well with alcohol or drugs.**
- **Know your limits – and stop before you become fatigued.**

ICE FACTS

- **Snow can insulate ice and keep it strong or insulate it to keep it from melting**
- **Snow can also hide cracked, weak spots, and open water areas**
- **Slush is a danger sign - It indicates weak/deteriorated ice, not freezing from the bottom**
- **Never check ice or rescue a victim alone - you could go from rescuer to victim very quickly. Get help!**
- **Always check the ice before going out on it – and ALWAYS Skate with a buddy!**

NEVER ASSUME THE ICE IS SOLID

TEST IT FIRST!

WINTER RUNNING

- **Pedestrian traffic rules apply - Stop for red lights and cross at intersections or crosswalks**
- **Wear light-colored clothing and reflective vest, when running in the early morning, at dusk, or at night**
- **Don’t run in a snow storm, or on icy surfaces – e.g. during road conditions red and black.**
- **Keep alert and watch for hazards**
- **Army Regulations prohibit the use of headphones and earphones ON POST while walking, jogging, skating or bicycling**
- **Let someone know your jogging route, and when you expect to return**

WINTER RECREATION SAFETY SUMMARY

1. Dress right/wear protective equipment
2. Ensure equipment/gear is in good condition
3. Know the hazards of the activity
4. Know your personal limits
5. Follow established activity safety rules

ACCIDENT REPORTING

- ***SOLDIER'S – ON <u>AND</u> OFF DUTY ACCIDENTS THAT RESULT IN MEDICAL CARE, LOST DUTY TIME, OR DUTY RESTRICTIONS.***
- ***DAC – ON DUTY ACCIDENTS THAT RESULT IN MEDICAL CARE, LOST DUTY TIME, OR DUTY RESTRICTIONS.***

LOCAL NATIONAL EMPLOYEES – REPORT ALL ACCIDENTS IAW GERMAN INSURANCE LAWS

- ****CALL THE GARRISON SAFETY OFFICE TO SCHEDULE AN ACCIDENT INTERVIEW APPOINTMENT***

FIRE SAFETY!

A FIRE ON A TV COOKING SHOW MAY BE HUMOUROUS BUT

IT'S NOT SO FUNNY WHEN IT IS IN YOUR HOME

SUICIDE PREVENTION

FOR QUESTIONS OR INFORMATION CONCERNING SUICIDE PREVENTION PLEASE CONTACT CHAPLAIN SERVICES.

ASAP

ARMY SUBSTANCE ABUSE PROGRAM

Contact the 26th ASG Community Counseling Center

COMPOSITE RISK MANAGEMENT

USE THE COMPOSITE RISK MANAGEMENT PROCESS TO PLAN SAFE ACTIVITIES

- **Identify the hazard**
- **Assess the hazard**
- **Make a risk decision**
- **Implement controls**
- **Supervise**

THINK BEFORE YOU DO!

NO MATTER HOW WELL YOU PLAN

EXPECT THE UNEXPECTED!!

CLOSING THOUGHT, AS THE HOLIDAYS DRAW NEAR AND THE CELEBRATING BEGINS:

DRINKING AND DRIVING ACCIDENTS HAVE FAR REACHING EFFECTS!!